

**BATTLE OVER BRONX
SIMPSON WANTS FULL
CUSTODY OF HER SON**

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**MUNCHIES
FOR THE KIDS
SNACK ON THE GO WITH
GRANOLA BALLS** {page 21}



**ADIEU
FASHION FINALE
IN PARIS
STYLE** {page 16}



OTTAWA

metro®

Thursday, March 10, 2011
www.metronews.ca



News worth sharing.

Alleged trigger man still at large

► It was reported that police checked Montreal Airport for wanted man in case he decided to use return ticket ► Fatal Booth Street shooting happened during marijuana deal, court hears

An Ottawa man charged as an accessory after the fact to a fatal December 6 shooting entered a guilty plea to a lesser charge yesterday.

Zakaria Dourhnou, 18, pleaded guilty to attempting to obstruct police and

breach of probation. Dourhnou was arrested Dec. 7 after police caught him and another man trying to clean up the car that Yazdan Ghiasvand Ghiasi, 16, was shot in and subsequently dumped out of. Neither Dourhnou nor the other

man were present at the time of the shooting.

Mohamed Wehbe, 18, of Ottawa, remains at large on a charge of second-degree murder. He is believed to have fled the country Dec. 11.

Ottawa police refused to confirm reports that they hoped to arrest Wehbe at the Montreal airport since he had reportedly purchased a return flight and was due back today.

SEAN MCKIBBON

K'naan. Speaks



► Musician K'naan, left, speaks as Stephen Lewis watches during a news conference in Ottawa yesterday.

ADRIAN WYLLIE/CANADIAN PRESS

Star power

The NDP brought in rapper K'naan and his political equivalent — former UN ambassador Stephen Lewis — yesterday to help win support for a bill to make low-cost drugs available in Africa. It took six years and a last-minute dose of star power, but the House Commons finally passed it.

The legislation would allow generic drug manufacturers to produce patent-protected medicines for certain poor countries and ship them without having to obtain a permit every time.

Mayor

Keeping his promises in check

► Watson keeps a tab on all campaign promises he has kept {page 4}

Libyan oil goes up in flames

Gadhafi claims victory upon recapturing rebel city {page 6}

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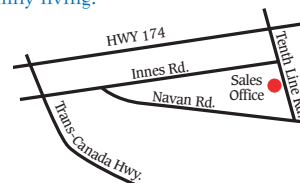
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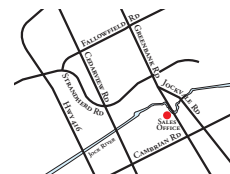
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Ex-Sens star aims to close road

Former Ottawa Senators centre Mike Fisher wants to shut down a road near the home he built with his country superstar wife Carrie Underwood.

Before he was traded to the Nashville Predators last month, Fisher applied to the City of Ottawa requesting that a one-kilometre stretch of McGee Side Road west of Spruce Ridge Road be closed so that he can purchase the land. The dead-end road divides two parcels of land Fisher currently owns — including the secluded lot where he and Underwood recently built a 4,000-square-foot home.

Jeffrey Ostafichuk of the planning and growth management department said a decision on Fisher's request won't be made until after March 21. He said the city has not received a request to withdraw the application.

It's not yet known if Fisher and Underwood plan to sell the home where they spent less than two months.

Phil Brindle of builder New Era Homes said the couple has requested that photos or details of the home not be released to the public.

● JOHN R. KENNEDY



► Mike Fisher with wife Carrie Underwood.



► Sublime Hair Studio owner Sonia Mirchandani takes a business call on her cellphone while getting her hair dried by Montreal stylist Alain Larivée. They will team up to head the hairstyling team at tonight's Genie Awards.

What it takes to make Genies pop

- Genies broadcast live from NAC on CBC, 8 p.m. ► Red carpet show, 4 p.m.
- Team of four hairstylists to get stars camera-ready in downtown hotel

For the past five days, a team of over 200 has toiled over every detail of tonight's Genie Awards.

"Amendments have to be made to the stage, the lighting, making sure that all the cameras are in the right places and are going to work seamlessly, so there's a lot of preparation that goes into the show," said Sara Morton, CEO of the Academy of Canadian Cinema and Television.

More behind-the-scenes

preparations have also been taking place at Sublime Hair Studio in Ottawa, which is finalizing preparations today to style the hair of stars from movies such as *Incendies* and *Barney's Version*.

"Right now it's quite a frenzy because we've got a collection of looks for red carpet that we've put together," said Sonia Mirchandani, owner of Sublime.

Top-notch Montreal hair-

"We'll be watching it on TV. It's always good to see your work on camera — you can always see the best results that way."

SONIA MIRCHANDANI,
SUBLIME HAIR STUDIO OWNER

stylist Alain Larivée has partnered with Mirchandani this year to style Canada's favourite celebs at the Arc Hotel

before the red carpet show kicks off at the NAC.

Mirchandani is looking forward to styling Juno-winner Serena Ryder's hair, while Larivée has his heart set on this year's host, William Shatner.

"The day-styling is done at the Arc Hotel. We have a studio set up for the day for the red carpet stuff, and then all the finishing stuff is done backstage (at the NAC)," said Larivée.

● STEVE COLLINS AND JOE LOFARO

1

news


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A cakewalk?

► Mayor Jim marks 100 days ► Promises are a priority



Mayor Jim Watson marks his 100th day on the job today, but he prefers to count campaign promises kept.

"I keep at the corner of my desk a binder of promises made and about once

a week I go through them and give myself a status report," he said yesterday.

Of those he has achieved, he considers the tax cap of 2.5 per cent the most important.

"The tax pledge supercedes everything because if we don't get our budget right then you're not going to be able to fulfil

any of your promises," he said.

With the budget passed, Watson said his next priority is his promised ethics package for city hall, including the establishment of registries for lobbyists and gifts to public officials, and the appointment of an integrity commissioner.



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MARCH 12TH

with the Nakkertok Nordic Patrol
or

MARCH 13TH

at: Calabogie Peaks, Mount Pakenham, Camp Fortune, Mont Ste Marie, Edelweiss Valley, Mont Cascades, and Ski Vorlage



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News in brief

SEAN KILPATRICK/THE CANADIAN PRESS



► A member of parliament wears a tie made of the Maple Leaf Tartan.

Maple tartan made official

The Maple Leaf Tartan has been named an official national symbol.

The red, green and yellow plaid has been around for four decades but now it's getting an official nod.

It will be up there with the Maple Leaf and the Coat of Arms as national emblems. **THE CANADIAN PRESS**

Poll: Voters side with opposition

Most Canadians say they don't want an election, but if there is one, a new

poll suggests Canadians are siding with the opposition on issues such as corporate tax cuts and help for the elderly.

The latest Canadian Press-Harris Decima survey shows a clear majority support the Liberal proposal to roll back tax cuts on corporations.

THE CANADIAN PRESS

Tories rebuked by Speaker

The Harper government suffered a double blow yesterday in its battle with the opposition.

The Speaker of the House of Commons ruled against the Tories on two major issues.

Peter Milliken found that International Co-operation Minister Bev Oda breached parliamentary privilege by misleading MPs about the alteration of a document.

He also found that the government breached parliamentary privilege by refusing to provide all documents requested by the opposition on the cost of its crime bills and tax cuts. **THE CANADIAN PRESS**

Military spending at highest point in decades: Study

► Canada was top contributor to UN peace-support missions, but now ranks 60th on list of 102

Canada is spending more on its military than at any time since the end of the Second World War, a new study reports.

The Canadian Centre for Policy Alternatives released the study today, which says defence spending is expected to hit \$22.3 billion this year.

Researchers estimate that's a 54 per cent increase over the last decade.

The study, produced for the centre by Bill Robinson, senior adviser at the Rideau Institute, notes a large part of the budget increase has gone toward fighting the war in Afghanistan.

Robinson argues Afghanistan has robbed Canada of the ability to carry out traditional peace-keeping missions.



► A Canadian military Sikorsky CH-148 Cyclone conducts test flights with HMCS Montreal in Halifax harbour.

"Canada could make a much greater contribution to global security and humanitarian action by shifting resources to non-military security efforts and to peacekeeping operations," Robinson said in a release by the centre.

"Such a shift would make Canada truly a great power in the world of development assistance and humanitarian aid. This is an arena in which Canada could punch above its weight."

THE CANADIAN PRESS

Oil burns as Libyan conflict rages on

Two oil installations in Libya were set ablaze in fighting between rebels and forces loyal to Moammar Gadhafi.

In the west, Gadhafi claimed victory in recapturing Zawiyah, the city closest to the capital that had fallen into opposition hands. The claim could not immediately be verified; phone lines there have not been working during a deadly, six-day siege.

Yesterday, a high-ranking member of the Libyan military flew to Cairo with a message for Egyptian army officials from Gadhafi, but no further details were known. **THE ASSOCIATED PRESS**

Rebel Support

Gadhafi's successes have left the West struggling to make a plan to support the rebels without becoming ensnared in a complex, fast-moving conflict.

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Please celebrate responsibly

SPAIN

Convent of cloistered nuns burgled

Plastic bags stuffed with a huge amount of cash were stolen from a Spanish convent, where among the mostly elderly Cistercian cloistered nuns is one who is a well-paid artist.

A judge will probe the possibility of tax evasion, police said yesterday.

The money was stored in a closet of the convent in the northeastern city of Zaragoza and much of it was in 500-euro notes (each note equivalent to about \$675 Cdn). Police said the nuns first reported 1.5-million euros (\$2 million) were stolen Feb. 28, then lowered the figure to 400,000 euros (\$540,000).

A lawyer for the small community of nuns denied any wrongdoing.

THE ASSOCIATED PRESS

Some make a move against female priests

Hundreds of Anglicans left the Church of England to become Roman Catholics on Ash Wednesday, joining the Ordinariate of Our Lady of Walsingham, a unique grouping created for Anglicans left feeling isolated by the Church of England's decision to ordain women as priests. They left on the day of penance. THE ASSOCIATED PRESS

Gator found guarding ganja

California narcotics investigators found a \$1.5-million marijuana growing operation at a house and an unusual security guard — a four-foot-long alligator named Wally. The Riverside County drug task force team seized nearly 2,300 pot plants and found the reptile, described as a "watchgator."

THE ASSOCIATED PRESS

Kate's weight the new pre-nup debate

NIALL CARSON/THE ASSOCIATED PRESS
▶ Kate Middleton appears a bit slimmer than usual in Belfast, Northern Ireland.



▶ Not uncommon for a bride-to-be to lose weight before the wedding because of nerves, says a wedding planner

How thin is too thin? Not even Kate Middleton has escaped the thorny debate.

The willowy princess-to-be's appearance and reported comments during a visit to Northern Ireland sparked some concerns yesterday about whether she's losing too much weight ahead of the April 29 royal wedding. The subject even became a topic on Twitter.

In front-page newspaper photographs, Middleton appears to be in good health if slightly slimmer than usual, but reporters heard many in the Belfast crowd of well-wishers on Tuesday making comments that she looked a bit gaunt.

One woman, Heather Lindsay, told Middleton "not to lose any more weight," and said Middle-

"Even those brides who don't plan to lose weight ... These are pictures they'll have forever, so they want to be in good form."

MARK NIEMIERKO,
LONDON WEDDING PLANNER

ton remarked that it was all part of the wedding plan.

Palace officials refused to say whether Prince William's fiancée is trying to lose a few pounds before the big day. They also declined to specify her height, weight or to comment on her words in Northern Ireland.

"It was an off-the-cuff comment," said a press aide. THE ASSOCIATED PRESS

PM to attend

ROBERT BENZIE/TORSTAR NEWS SERVICE



Prime Minister Stephen Harper and his wife Laureen will be at the royal wedding in London next month.

- ▶ The Prime Minister's Office says Harper has formally accepted the invitation to attend the Westminster Abbey ceremony on April 29.
- ▶ Harper calls the wedding a historic and happy moment and says he's delighted to attend.

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Canadian officer gets a taste of Haiti

► More than 150 Canadian police officers are in Haiti on a UN mission to provide security and expertise to a nation still reeling from the effects of an earthquake



JENNIFER
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Domestic abuse and fights over money are the most common crimes in Camp Corail, a tent city in Haiti.

"There was one murder-suicide and I think that's the most serious case we've had," said Const. Jules Laraque, one of five police officers from Halifax who are working in Haiti.

His nine-month mission is nearly over.

"There are cases of rape too, but it's about once or twice a month."

He's part of a UN contingent working with Haitian police to keep the peace in Camp Corail, home to over 7,000 displaced people.

The country of his parents' birth is far from restored.

A devastating earthquake rocked Haiti on Jan. 12, 2010. There are still many demolished buildings yet to be cleaned up, Laraque said.

"When things were starting to slowly move forward, there was a cholera outbreak that hit the city and the election, and that caused some troubles."

And while there is plenty of crime in Camp Corail, there are fewer convictions.

Penniless victims have a hard time getting transportation into Port-au-Prince to make court dates, so the accused usually goes free.

Background

- **Mooseheads Const.** Jules Laraque played and coached for the Halifax Mooseheads QMJHL team.
- **Oilers** His older brother is former Edmonton Oilers enforcer Georges Laraque.
- **Laraque** will take home many happy memories when his nine-month mission ends on March 22.



► A woman suffering cholera symptoms is carried to a local hospital in Port-au-Prince, Haiti, on Tuesday.

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TSX merger bad for Canada, bankers argue

► Brain drain, job loss among dire scenarios painted by opponents of Toronto-London stock exchange

The heart of Canada's financial sector joined a growing list of naysayers warning of the dangers in a proposed merger of the Toronto and London stock exchange operators, casting further doubt on the future of the deal.

Several of Canada's biggest banks argued yesterday that the Toronto exchange already attracts global companies and that plans to put the CEO of the merged company in London would draw the decision-makers to England, reducing Canada's role.

"We do not believe this takeover offer is the right solution to creating a globally sustainable exchange

"Where do you think the big investment firms will be? They won't be in Canada. They'll be in London."

STEPHEN JARISLOWSKY, CEO, JARISLOWSKY, FRASER

and nor will it allow Canada to achieve the benefits of globalization offered," Bob Dorrance, head of TD Securities, told a hearing at the Ontario legislature.

Financial institutions, including TD, CIBC and National Bank, are drafting a public letter warning that Canada risks losing its clout

as a financial centre if the deal goes through. Others are being asked to sign it.

However, opposition to the deal by the banks was not unanimous.

Eric Tripp, president of BMO Capital Markets, which advised the TMX Group on the deal, said the merger would benefit the industry.

"The TMX has a real opportunity to expand and grow, under favourable terms, and ensure that Canada's exchanges won't be sidelined," Tripp said. "It is an opportunity to capitalize on our core competencies to both grow and create jobs."

THE CANADIAN PRESS

Smoke. Screen



► Starting in 2015, these London shopkeepers will have to hide away tobacco products to comply with a British government ban on their display.

OLI SCARFF/GETTY IMAGES

Counter measure

Following the lead of Iceland, Ireland and Canada, the British government yesterday banned displays of tobacco products in English shops in an effort to reduce rates of smoking. Large stores must cover up starting in 2012, while small shops have until 2015.

Market moment

TSX	Dollar	Oil	Natural gas
- 128.26 (13,884.71)	+ 0.29¢ (103.23¢ US)	- 64¢ US (\$104.38 US)	1,000 cu ft \$3.930 US (+ 6.6¢ US) Gold contracts \$1,429.60 US (+ \$2.40 US)

WILLIAMSON/ALAMY

Air Canada will have to wait for 787s

Deliveries of Air Canada's first Boeing 787 Dreamliners have again been delayed, causing the airline to postpone its international expansion plans, the company said yesterday. When Air Canada ordered the long-range, more fuel-efficient planes, it had expected delivery in 2010, but Boeing has struggled with the design. The first five aircraft had been scheduled to be delivered in mid-2013, but Boeing says it can't deliver until the end of 2013 and possibly not until 2014. Air Canada wants to add routes to India and more destinations in Asia.

THE CANADIAN PRESS

37

Air Canada has ordered 37 Boeing 787 Dreamliners.

Retire your ride before time runs out.

Retire Your Ride rewards Canadians for recycling their older polluting vehicles – but the program ends March 31st. Don't miss your chance to get cash, transit passes or more. If your vehicle's model year is 1996 or older, visit RetireYourRide.ca or call 1-877-PRE-1996 today.

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STICK, GLOVES, JERSEY ... BOXER BRIEFS?

He says ...

JOHN MAZEROLLE



I, apparently, am a pantywaist — that insult reserved by bellicose hockey fans for those of us who dare suggest that the NHL should be less violent than a game of Grand Theft Auto 3.

They say pantywaist because they know they can't call us female genitalia, though they'd like to, so they pick something that sounds like it's in the same general vicinity.

Let me say in reply: What a bunch of boxer briefs.

I like hockey, I like hitting, I had great fun watching earlier this year when Boston and Dallas had three fights in the first

six seconds.

But I'm getting pretty tired of watching concussed players flop to the ice like they're Muppets and Frank Oz is at lunch.

And I'm even more tired that it's still up for debate on television. In newspapers, the case is closed: Accidental and malicious hits alike are threatening to kill someone.

But on TV, there's always somebody — Don Cherry and Craig MacTavish come immediately to mind — who makes it sound like anybody who questions all but the most objectionable hits is threatening to turn the game into the Royal Winnipeg Ballet (Royal Phoenix Ballet after 1996).

The Bill Masterton Memorial Trophy — named after the only player who ever died because of an NHL game — does not need

another namesake. Masterton wasn't wearing a helmet when he cracked his head on the ice. Wearing one was considered a sign of weakness. And it took a couple of decades before everybody was namby-pamby enough to wear one.

The caveman culture — sorry, "The Code" — is hard to break.

That's why it's especially ridiculous when TV commentators resistant to change bark that "I PLAYED /COACHED/ KNOW THE GAME!"

The NHL game is played by about 700 players. It's watched by millions. The game isn't for them. It's for us.

And being a backseat driver is perfectly acceptable when the car is going the wrong way down the highway.

A big debate needs to happen

at the league level, but for now the NHL should multiply all its typical suspensions by about 10. The league will be the last to come around but the discussion already appears to be changing, even on TV.

Two years ago, TSN's Bob McKenzie — he who never played the NHL game! — seemed like the only prominent hockey voice who thought hockey violence should be dealt with. Now even former Boston Bruin Mike Milbury, who once beat a fan with his shoe, is wondering if the league is handling the rules around head shots properly.

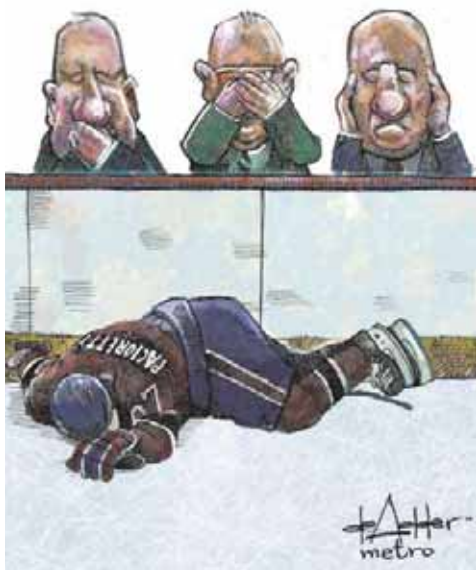
What a pantywaist.



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

THE NHL RESPONDS TO THE ZDENO CHARA HIT:



MICHAEL DE ADDER

What government means

Letters
& Tweets

RE: 'Harper Government' branding draws more fire, published March 9

WHITE ROCK, B.C. The recent disingenuous response by Dimitri Soudas, director of communications in Stephen Harper's PMO, to public outrage concerning the replacement on government documents of "The Government of Canada" by "The Harper Government" is self-serving partisan politics.

Within Parliament the government is the prime minister and cabinet. That is understood and within the context of Parliament that is accepted practice. Canada is a parliamentary

Government's new moniker



ADRIAN WYLD/THE CANADIAN PRESS

democracy and a constitutional monarchy. We elect parliaments, not parties, not prime ministers.

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Governments are accountable to Parliament

and serve the sovereign who represents the sovereignty of the people.

BRIAN MARLATT

We asked: What is wrong with kids these days?

TORONTO. Media influence. End of story. Period. The end.

J WILKINS

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Metro Minute with Tim Wynne-Jones

Go enjoy a cracking good adventure yarn for young adults called Blink and Caution from Ottawa author Tim Wynne-Jones at Collected Works Bookstore and Coffee Bar at 1242 Wellington St. W. tonight at 7 p.m.

The book store will play host to a reading by Wynne-Jones and two young actors from the Ot-

tawa Theatre School, who will be taking on the roles of the thriller's protagonists.

The two characters are street kids on the run from troubled pasts, caught up in a fraudulent kidnapping plot and maybe even a romance.

There will be wine and sweets for the audience. Admission is free. ● METRO



SEAN MCKIBBIN/METRO

► Tim Wynne-Jones

Real life inspires Boris's comedy

► Trevor Boris is excited to return to Ottawa after a long absence ► He just released his first major label stand-up DVD, *Trevor Boris: Over Easy*



► Trevor Boris brings his stand-up to Yuk Yuks this weekend.

BACKSTAGE PASS

JEN TRAPLIN
OTTAWA@METRONEWS.CA



One of Canada's busiest and most entertaining young stand-up comedians is in town this weekend.

Trevor Boris is one of the stars and producers of

the hilarious MuchMusic show *Video on Trial*. He's also starred in a bunch of stand-up specials and appeared at numerous festivals.

Referring to Ottawa's stigma of being the "town that fun forgot," Boris exclaims, "You know when you go to your grandma's and there's plastic on the furniture? That's what I think Ottawa is like — have fun here but don't touch anything!"

All of Boris' material is

based on his life, which is busy, to say the least.

"Lots has happened lately — I just came back from a tour of the U.K. and L.A. and I'm doing my first Canadian tour in over a year and a half so I've got a lot of awesome, new, fun stuff to talk about."

Last weekend, Boris performed a show in his hometown of Winnipeg. Joking about his local celebrity status there, he says, "I always had this dream that one day I

would be the most famous person from Winnipeg and I just got passed by a 10-year-old," referring to Maria Aragon, the Winnipeg girl who recently performed on stage with Lady Gaga.

You can see Trevor Boris at Yuk Yuks (292 Elgin St.) tonight through Saturday. The show starts at 8:30 p.m. tonight, 9 p.m. and 10:30 p.m. on Friday and 8 p.m. and 10:30 p.m. on Saturday. For ticket info call 613-236-5233.

Nothing beats rock, except paper

Crack those knuckles and get ready for a fun and free way to kick off March Break. The Ottawa Public Library is hosting a Rock-Paper-Scissors tournament at the Nepean Centrepont location. It's open to kids ages six to 18.

Participants will be competing to win a skate deck and other gear from Surfside.

What: Rock-Paper-Scissors Tournament for kids and teens

When: Saturday at 2 p.m.

Where: Nepean Centrepont Library (101 Centrepont Dr.)

Price: FREE!

● JEN TRAPLIN

iPods out, it's time to do battle

There's going to be another iPod Battle at Babylon this weekend, with a few new upgrades and a great reason to participate.

There's over \$1,000 in prizes up for grabs at the iPod Battle — Fountain of Youth Edition and all of the proceeds from this event will be going to The Children's Wish Foundation. The entire event is being organized by students of the Event Management Program at Algonquin College.

The night includes performances by Babble Goons and DJ Skid Vicious. There's also plenty of games with tons of prizes.

What: iPod Battle — Fountain of Youth Edition

When: Saturday at 10 p.m.

Where: Babylon Nightclub (317 Bank St.)

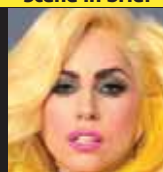
Price: \$7

● JEN TRAPLIN

2

scene

Scene in brief



Lady Gaga's deal to sell a special edition of her upcoming album at Target is now out of range. A representative for the singer said yesterday the two sides "came to a mutual decision to end their overall exclusive partnership a few weeks ago." The Advocate reported Tuesday that Gaga wasn't comfortable with the deal.

THE ASSOCIATED PRESS



Justin Bieber's sneaker goes on sale on eBay, with proceeds to go to his former high school. Scan for visit metronews.ca for story.

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Shatner excited to host Genie Awards

William Shatner says he's excited to be hosting the Genie Awards, which he regards as Canada's version of the Oscars.

But he admits to being a bit unsure about taking the reins of the televised gala, noting that the widely panned Academy Awards show was largely blamed on lacklustre MCs Anne Hathaway and James Franco.

Shatner says from Los Angeles that he'll do his best with the Genies and jokes: "They tried the very young. Now they're trying the very old."

The 79-year-old film and TV star heads to Ottawa today to begin preparations for tomorrow's Genie Awards, which will honour the best in Canadian film.

The leading nominees include the sprawling romantic dramedy *Barney's Version* and the wrenching war saga *Incendies*.

The Genie Awards air on CBC at 8 p.m. across the country, and at 8:30 p.m. in



William Shatner

Newfoundland.

Shatner said he's keen to put on an entertaining show.

"Ever since they offered me the job I've been going around saying, 'What's the secret (to hosting)?' and nobody will tell me," the actor said earlier this week by phone.

"I think the secret first of all is good material. Then, as for the delivery, you're stuck with yourself. But I've been in front of audiences for a long time, with vary-

ing levels of success. Never, to my mind, (have I been) an object failure."

The Montreal-born actor says he's not above resorting to a well-worn tactic in order to engage the studio audience at the National Arts Centre.

"I'll be scanning the audience and waving Hello, the way (people) do — (I'll) point and wave," deadpans Shatner, whose lengthy career spans more than six decades on stage, film and TV.

Celebrities slated to appear at the bash include actors Gordon Pinsent, Jay Baruchel and Bruce Greenwood.

Shatner said he's not familiar with the night's two biggest films, but he had high praise for Canadian fare in general.

"Canadian films have really advanced in excellence over the years. I truly am proud to be the host of Thursday night's show. It keeps me in touch with Canada." **THE CANADIAN PRESS**

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Custody battle on the horizon?

► Wentz seeks joint custody ► Simpson wants to keep ex to visitations

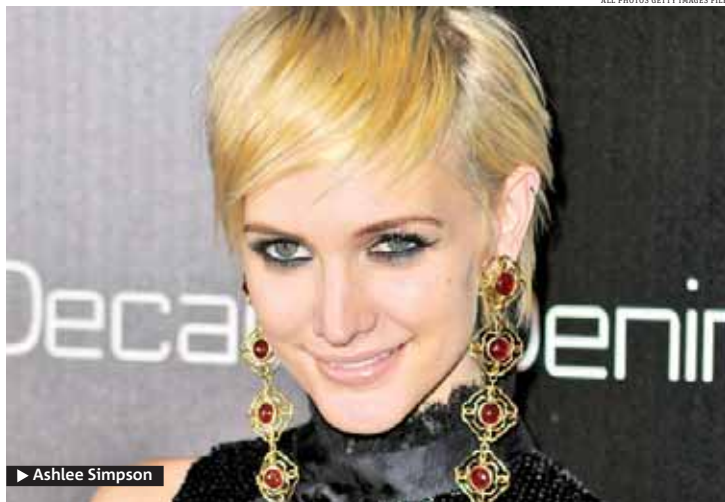
It looks like Ashlee Simpson's divorce from Pete Wentz isn't going to be as simple as she thought, as Wentz filed papers this week seeking joint custody of their two-year-old son, Bronx, and requesting that they each pay their own legal fees, according to People magazine.

In her initial divorce filing, Simpson had requested full custody of Bronx, with visitation rights for Wentz, and that Wentz pay her lawyer costs.

But a source close to Wentz says this isn't a sign that a brutal custody battle is coming.

"He's not gearing up for a custody war," the source says.

● METRO



ALL PHOTOS GETTY IMAGES FILE

Talking points

Charlie Sheen may not be 'winning'

PEOPLE. While Charlie Sheen has been proudly proclaiming his new "winning" lifestyle, things aren't actually going so well for the recently fired Two and a Half Men star.

"I'm really starting to lose my mind. I'm ready to call anyone to help," Sheen tells Life & Style magazine.

"I'm really trying to contain myself right now. My lawyer wants to come over to my house and take the bullets out of my gun."

And his friends agree: "Charlie's losing it," a Sheen confidante tells the magazine.

"Charlie is a ticking time bomb, and we all fear he could do something drastic like committing suicide or falling back on hard drugs." ● METRO

Celebrity tweets



Jonah Hill
[@JonahHill]

Million Dollar Listing is definitely hurting without Chad. Don't pretend like you don't know what I'm talking about.
#iwatchbadtvshows



Simon Pegg
[@simonpegg]

A small house fire in LA has been attributed to Charlie Sheen's publicist exploding. No one else was hurt.



Jessica Alba
[@jessica-alba]

Finishing a late lunch - now I want to sleep. @cash_warren is ordering 4 desserts... What the heck do we do w him



Conan O'Brien
[@Conan-O'Brien]

Good news, I treated myself today to the new iPad 1. Wait... what's that?

● METRO

Good News.

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3
lifeTopshop coming
to Canada

Topshop and Topman have found a new home across the Atlantic at the Hudson's Bay Co. The Bay has earned Canadian franchise rights for the U.K. fast-fashion retailers, including rights for both shops within the Bay's stores as well as standalone. Topshop and Topman are expected to launch stores within the Bay this fall.

THE CANADIAN PRESS



Got \$14K to spare? A Philadelphia retailer has custom-made a prom gown using hundreds of diamonds. Scan or visit metronews.ca for story.

Four stellar weeks of style come to an end as Autumn/Winter Fashion Month wraps up in France Take in five shows from the Paris runways, each befitting a grand finale

A peek into Paris à la mode

KENYA HUNT
METRO WORLD NEWS


MANISH ARORA

He's hardly a new face on the scene. Still, Manish Arora, who just took on a second job as creative director of Paco Rabanne, seems to be on the cusp of a bigger kind of fashion fame. His fall show had his starriest audience yet (key editors, stylists and Kanye West) with heavily ornamented, painstakingly embroidered creations to match. Standouts included a series of patchwork dresses in metallic jewel tones (the most wearable of the bunch), a dramatic bird-cage dress with laser cut-outs and a series of fur skirts with gold hardware framing the waist.



VIVIENNE WESTWOOD

We've seen a lot of shimmer this season. And a lot of it has felt glamorous in a seriously grown-up kind of way. But let's face it; glitter and sequins are also the stuff of high camp. It's meant to be kind of zany. Vivienne Westwood was one of few designers to treat it this way, covering dresses, shoes and even the runway (complete with a finale shower of sequins) in eye-popping glittery gold. It's a bold look, and not the easiest to pull off. But on the catwalk, it made for a wild and fun moment.



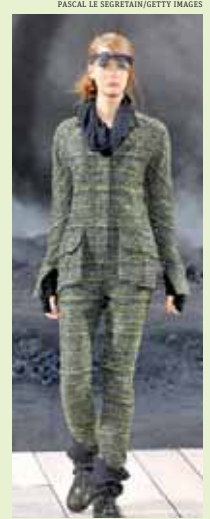
SONIA RYKIEL

Creative director Nathalie Rykiel interpreted the season's plaid trend in a way that was feminine, fun, flamboyant and very true to the spirit of her mother. Standouts included a beige-and-black plaid coat with massive tangerine-coloured fur sleeves (another big trend for fall) and a dress in the same colourway with an oversized pink stole.



GIVENCHY

Riccardo Tisci, who sits at the top of the list of designers rumoured to replace John Galliano at Christian Dior, showed a seductive collection centred around the '50s pin-up girl. But instead of taking the literal approach and showing skin-tight bustier dresses, he created leggy skirts with transparent panels that revealed a flash of thigh. It was the smart girl's version of sexy dressing. Other highlights included his bomber jackets covered in graphic panther heads, which could be a contender for the print of the season.



CHANEL

A part of the fun of a Chanel show is seeing how Karl Lagerfeld will reinterpret the house's signatures. A coal miner's daughter in tricked-out tweed at a swanky Paris nightclub? On Karl Lagerfeld's smoky, ash-covered runway in Paris's Grand Palais, it weirdly made sense. He sent out a dark and fantastical array of beautifully constructed looks including mini skirts over skinny trousers, tweed boleros and jumpsuits for evening, all worn with tough girl biker boots. Romantic lace balanced out the hard edginess of it all.



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GOLDEN
OLDIES

THE TOP

10

models of all time

It's nice to see clothes on women who know how to work a runway. That's why we were glad to see the return to the runway, in recent months, of Kristen McMenamy (Chanel), Elle MacPherson (Marc Jacobs), Inès de la Fressange (Chanel), Lauren Hutton (Tom Ford) and Veruschka (Giles) to the catwalk. In the spirit of fashion's reigning older queens, we asked our readers in nine Metro countries to list their favourite models of all time. Here are the results.

 **KENYA HUNT**
METRO WORLD NEWS
**CINDY CRAWFORD**

That beauty mark

1 The all-American Super not only made moles insanely popular, but she deftly straddled the high fashion and commercial worlds. Her stint as the face of Pepsi made her a global star.

**CLAUDIA SCHIFFER**

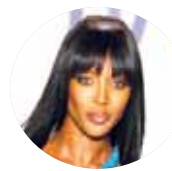
The bombshell

2 The face that launched a thousand Guess jeans campaigns, Schiffer is a regular go-to Chanel campaign star for fellow German Karl Lagerfeld.

**GISELE BÜNDCHEN**

Her long legs

3 Before becoming Mrs. Tom Brady, the girl who spear-headed fashion's love of all things Brazilian made headlines as the highest earning model. Victoria's Secret isn't cheap.

**NAOMI CAMPBELL**

A runway walk that could shake the earth

4 Highlights: Her lip synching in that George Michael video, "Freedom," and becoming the first black Vogue Paris cover girl. You all know the low points.

**LINDA EVANGELISTA**

Those cheekbones

5 Top photog Steven Meisel loved her for being the ultimate chameleon. And in 1990, she famously told Vogue, "we won't wake up for less than \$10,000 day."

**KATE MOSS**

Her amazing style

6 The girl from Croydon has always had a knack for setting trends (skinny jeans, flared jeans, Wellies.) Then she landed a lucrative Topshop deal and we've all been obsessed ever since.

**HEIDI KLUM**

The brand-maker

7 The former Victoria's Secret model's commercial, approachable sexy appeal helped make her a hit as host and producer of Project Runway and a mega-brand.

**HELENA CHRISTENSEN**

The cleavage

8 She helped make Chris Isaak famous when she went topless in his now legendary video Wicked Game. Later, she helped found Nylon magazine.

**TYRA BANKS**

The business savvy

9 Sports Illustrated's first black Swimsuit Issue covergirl works best on TV. ANTM and The Tyra Banks Show are more memorable than any of her modeling work was.

**IMAN**

Her long neck

10 The Somali was muse to Yves Saint Laurent and Halston before marrying David Bowie in 1992. Her eponymous make-up line for black skin made her an even bigger name.

Eat yourself pretty

THE KIT

You know eating a balanced diet is good for your health. But add the promise of glossy hair and clear skin to the mix? Now we're talking.

Kit expert Allison Tannis, nutritionist and author of Feed Your Skin, Starve Your Wrinkles: Eat Your Way to Firmer, More Beautiful Skin With the 100 Best Anti-Aging Foods, helps us get the right food on the menu.

For spotless skin, eat

blueberries

The antioxidants in blueberries can help skin recover from a bout of acne by helping the body's immune system get tough on irritations, but not on surrounding skin.

For strong nails, eat cucumbers

Silica is a trace mineral that's essential for building healthy nails. Pile cucumbers on salads and sandwiches to get an extra dose of it.

To get glossy hair, eat salmon

What's good for your skin is

good for your hair. Oil glands on your scalp also need to be fed well to stay healthy and hydrated. Salmon contains the good fats and proteins to keep hair lustrous.

To get a firm face, eat strawberries, kiwis, oranges and mangos

The production of collagen



— which strengthens and firms up skin — benefits from a one-two punch of choline found in eggs and vitamin C found in fruits such as strawberries, kiwis, oranges and mangos.

To get glowing skin, eat yogurt and fish.

Inflammation is the enemy of clear skin. Fight redness and puffiness with fish oils found in salmon, anchovies, sardines and tuna (all generally low in mercury). Yogurt and other foods containing probiotics also do the skin-clearing trick.

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Getting hung up on art

► Karl Lohnes offers his tips for hanging artwork in your home

DESIGN CENTRE



KARL LOHNES
HOME@
METRONews.CA

It constantly surprises me how so many people buy a nice sofa, get some great art to hang over it, then hang the artwork way too high.

I see this common decorating mistake over and over again. Lets hang our art at a place where we can

enjoy it and where it compliments out decorating efforts. Here are some easy-to-follow rules for hanging artwork throughout your home.

Anchor the art

When hanging art work over a sofa in your living room or a headboard in the bedroom (these pieces of furniture are referred to as an anchor), the artwork should fill approximately two-thirds of the width of the anchor.

For example, if you have a sofa that is six-feet wide, the artwork hanging above should fill about four feet of the width of the sofa.



► Artwork should be hung eight to 12 inches over an anchor piece of furniture.

This doesn't mean that you have to look for a piece of art that is four-feet wide — you can combine pieces to come up with a total width of four feet.

Never hang artwork in relationship to the height of the ceiling. It should be hung in relationship to the anchor you are hanging it above or the floor. In a low-ceiling room, this means you should hang your artwork about eight inches above the anchor. In a room with high ceilings, hang pieces 12 inches above the anchor.

Floating your art

When hanging artwork without an anchor, consider every angle from which you will be viewing the piece when deciding where to hang it. Remember that hanging pieces lower to the ground creates a more relaxed feel in your room. The basic rule is to measure 66 inches from the floor — the middle of your artwork should be at this height. You've likely heard that artwork should be hung at "eye level," a qualification that is obviously in the eye of the beholder!

Sixty-six inches (or five feet, six inches) is approximately the height of the average woman, so ensuring that the centre of your artwork is placed at this height is a good rule of thumb when taking the "eye level" idea into account. If hanging artwork up a stairwell wall then follow the 66-inch rule and

make sure to space the art between the bottom and top steps only.

Updating your art

The shape of your available wall space can greatly influence the way in which you hang your artwork.

If you want to fill up some wall space between two doors, for example, it would be appropriate to hang artwork in a vertical fashion. It is particularly

important to consider the shape of your wall space when hanging a collection.

Remember that using large artwork in small spaces creates grandeur — this is a great tip to keep in mind when decorating your entranceway, for example. If hanging a group of artwork together, then put the largest or heaviest-looking piece in the middle and gradually place the artwork smaller and smaller until the smallest art is displayed on the outer edges of the grouping.

Other things to hang

For hanging a fuel-burning or electric fireplace, the rule is the same as hanging a plasma TV. Fireplaces should be hung 36 to 42 inches from the floor to the centre of the fireplace. Similarly, plasma televisions should be hung about 40 to 42 inches from the floor to the television's centre.

If hanging art or a flat screen television over a mantel, it should be placed three to six inches above the top of the mantel.



► Hanging artwork higher than eight to 12 inches above an anchor creates a disconnect.

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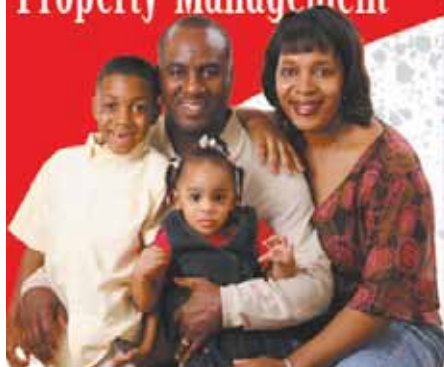
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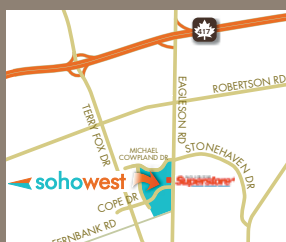
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Built-in lights

Some designers are taking the genre to a whole new place by building the lights into the furniture.

► Options International designers, like Moduluxe and Neoz, have created lines of plastic tables and chairs that are lit from within. Avanzini has a line of wood

furniture made with glowing light strips. It helps create a lounge look that Robert predicts will be popular this summer.

Outdoor lighting comes into its own

► The variety you find indoors is now available outside

A trend toward creating "outdoor rooms" has dramatically increased lighting options for homeowners who want to extend their time outside.

Most indoor lighting fixtures — chandeliers, pendant lights, table lamps — now have a counterpart designed for patios or decks.

"We have seen outdoor lights absolutely replicating indoor designs," said Anne Robert of theoutdoorstyl.com, a website that focuses on home trends.

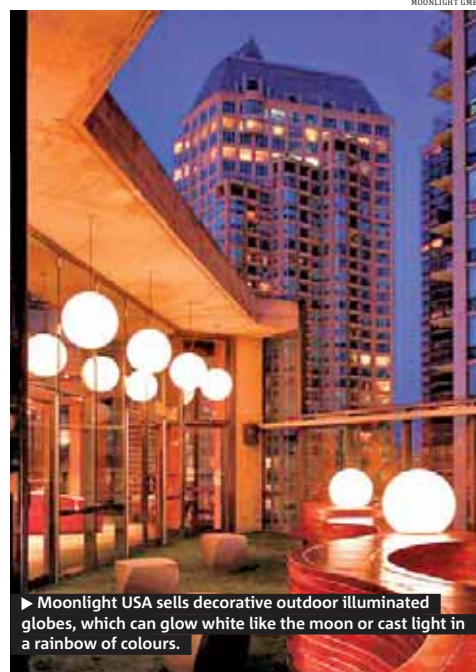
"Outdoor lighting is a mood setter. It can make or break a design just like it can indoors."

The abundance of products lets you make outdoor spaces more functional, said Rich Young of Outdoor Living Brands in Richmond, Va.

"It allows families to extend the square footage of their home," he said. "With the right light, you can extend the evening for dining or reading or other activities outdoors."

When choosing fixtures for outdoor entertaining areas, consider how much light is necessary, said Alene Workman, a spokeswoman for the American Society of Interior Designers. A table needs to have sufficient light so diners can eat, whereas a conversation area may need only soft mood lighting.

Be creative with table lighting, recommends Kris-



► Moonlight USA sells decorative outdoor illuminated globes, which can glow white like the moon or cast light in a rainbow of colours.

sa Rossbund, a senior style editor at Traditional Home Magazine.

"Gone are the days when people hang a chandelier over a table and call it lit," she said.

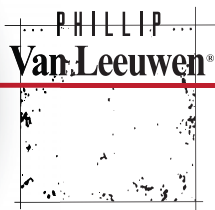
She suggests hanging two small chandeliers instead of one large one, or buying a chandelier at a flea market and painting it a bright colour.

Outdoor chandeliers come in a variety of styles,

from mission to modern. Manufacturers also offer many candle chandeliers for outdoor areas that don't have electricity.

For seating areas, choose a weighted outdoor floor lamp, said Workman, who owns an interior design firm in Hollywood, Fla. "There are wonderful new outdoor lights that are almost art pieces themselves," she said.

THE ASSOCIATED PRESS



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With March break around the corner for many students, we offer up a recipe that even the pickiest child will love to help you make and will chow down — with no complaints

Kid-friendly eats & treats

MAYA VISNYEI PHOTOGRAPHY

As a mom who regularly travels with her kids, my concerns are always centered around what healthy meals and snacks can survive the trip and its inevitable delays.

You know what I mean by survive, right?

What won't crumble into a 1,000 pieces in a bag, turn toxic when they confiscate your gel pack, or smell so offensive your neighbours tell the flight attendants on you.

There's the usual stuff at airports like bananas, apples and the occasional cheese string, but I like things that pack a nutritional punch as well as — you know — pack well.

These granola balls are full of protein, fibre and vitamin A (thank you, cranberries).

They're perfect for little fingers to eat, and are a fun and quick pre-March

break flight project for your miniature bakers.

Cranberry Granola Balls

Preparation:

1 Spread oats and coconut out on baking sheet and toast in 350 F (180 C) oven for about 10 minutes or until lightly brown.

2 In sauce pan, combine sunflower butter, agave and brown sugar over medium heat. Stir until brown sugar is completely blended. Stir continuously so mixture doesn't burn.

3 Add oat mixture, granola and cranberries to sugar mixture and stir to combine. Let cool slightly. With moist hands, roll a teaspoonful (5 mL) of the mixture in palm of hands to cre-

ate bite-size balls. Place on plate and refrigerate for about an hour to harden. Store in an airtight container at room temperature for up to 1 week.

SWEET POTATO CHRONICLES
(SWEETPOTATOCHRONICLES.COM)

Ingredients:

- 2 cups (500 mL) old-fashioned rolled oats
- 1/2 cup (125 mL) unsweetened shredded coconut
- 1/2 cup (125 mL) agave nectar
- 1/4 cup (50 mL) packed brown sugar
- 1/2 cup (125 mL) sunflower butter (no nut worries)
- 1/2 cup (125 mL) homemade or store-bought granola
- 1/2 cup (125 mL) unsweetened dried cranberries



► This recipe makes 24 granola balls.

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SPECIAL INFORMATION FEATURE



Local farmers provide produce all year

Farmers Fool Winter

Local produce can be a scarce commodity during Ottawa's harsh winters. But just as shoppers fill their carts with Mexican grapes and Chilean peaches, some food producers say there are plenty of ways to eat local even when the growing season is a long way off.

Our growing season runs June to mid-December, says Emile Peloquin, a former farmer and now organic food distributor who specializes in local fruits, vegetables and meats.

Peloquin says local cabbage, mushrooms, squash, apples, and root vegetables like potatoes, beets, rutabaga, and carrots are abundant and store well during the winter months. But that's not enough for most consumers, she says.

"People don't want to eat just cabbage," says Peloquin.

Heather Hossie, the coordinator of Savour Ottawa, a promoter of local culinary tourism and food security, says it's possible to eat local every day of the year.

"It's much more challenging, but very doable," she says. "People think that because it's snowy outside you can't get local meats, but some of the meat producers do monthly deliveries."

Hossie suggests that consumers take advantage of farmers' markets and preserve, blanch or freeze the produce they take home.

"Our generation doesn't necessarily have the knowledge of how to do it," she says. "Grandmothers knew how to do it. If you don't have experience it can be overwhelming and frightening."

The local food movement is becoming more popular, Hossie says, and food producers are reacting to the demand. "More farmers who have capabilities to store vegetables now sell throughout the year," she says.

Several Ottawa grocery stores carry local produce, meats, cheese, maple syrup and honey throughout the year. **SAMANTHA EVERTS**

A Truly Canadian Perspective

► Chef Clifford Lyness offers exquisite food and wine pairings

Some fantastic things are happening at Perpectives Restaurant at Brookstreet Hotel. While the menu changes monthly, Chef Clifford Lyness has developed relationships with some of Canada's best producers and the food prepared by his team is simply magic. Chef Lyness offers an à la carte menu with interesting choices ranging from Pacific halibut and Alberta AAA Tenderloin, to Northern Ontario Guinea fowl and Québec Magret with seared foie. Ending up on our table last week was an incredible rack and braised shoulder of Ontario lamb,

served with confit garlic whipped potatoes with a Stoney Ridge "forte" reduction, and the Nova Scotia Lobster linguini in a delicious Chardonnay cream sauce. Both dishes were completely satisfying and scrumptious.

Adding to the experience was the excellent service. Our server paired a fantastic ice wine steeped duck liver torchon with a tasty late harvest vidal from a little vineyard in Navan – Domaine Perrault. He paired a dessert wine with the Chocolate Overture – 4 delicious taste sensations in chocolate.

You can also put your dinner in the chef's hands and choose their \$75, six course Blind Tasting menu or order from the chef's table d'hôte menu, with three courses at \$44 or four courses at \$49. Wine pairings can be added to your dinner as well.

For those who are a little more adventurous, plan to attend one of their Food Wine Raves where you become part of the brigade and have a hand in creating the meal. After dinner and wine, you can retire to your room in the luxurious hotel above.

ROBIN DUETTA



Chef Clifford Lyness

Where to go...

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Curd On The Street

Fifth Town Artisan Cheese Co. located in Prince Edward County, is a top producer of award winning cheeses. Offering over 15 delicious varieties, they're unbelievably passionate about producing the highest quality cheeses from locally supplied whole milk, and re-igniting "The County's" reputation as a cheese-making region (which once had more than 26 cheese-making facilities). Well worth a visit on your next road trip!

My pick this week is Lacey Grey, a soft-ripened goat's milk cheese, hand rolled with care in grapevine ash, often mistaken for a blue cheese. Under the wrinkly, grey-and-white bloomy surface you'll find a two-fold surprise: the dense, snowy white, firm centre turns

creamy, softer, and pale ivory just under the rind. Enjoy mild, tangy, piquant flavours with slight "dry mouth feel" minerality, an expression of County "terroir".

VANESSA SIMMONS

Cheese

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Artisan Cheese Co.,
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- Where to Buy Serious Cheese, Jacobson's Gourmet, The Piggy Market
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release a few more flavours down the road – but definitely brewed in Ottawa for Ottawa. Taking its identity from the original Algonquin name for the Ottawa River, the Kitchissippi Beer Company was born in December 2009.

Kitchissippi has just launched a fundraising and

awareness campaign for The Juvenile Diabetes Research Foundation where they will be donating 50 cents from the purchase of each 1.89L natural blonde Growler to JDRF. Meek's son Alexander and my daughter Tegan both have Juvenile Diabetes. They are living happy and healthy

lives, but they are insulin dependant and will be until a cure is found. Meek has a modest goal of raising \$10k a year through this campaign – and this is the kind of value added "fun-draising" that is easy to support.

Growlers are available at the Kitchissippi Brewery, 866 Campbell Ave.



► Kitchissippi Natural Blonde Pale Ale, with a delicious medium hop bitterness

Rapid Recommendations



North: Les Fougères

CHELSEA, 15 MINUTES FROM DOWNTOWN. Nestled in the beautiful village of Chelsea, Chefs Charles Part and Jennifer Warren-Part create French regional cuisine sourcing the finest organic and fresh products from local suppliers. Truly some of the most thoughtful people preparing food for our region.
FOUGERES.CA

South: The Branch Restaurant

KEMPTVILLE, 45 MINUTES FROM DOWNTOWN. This restaurant is committed to sustainable, locally sourced, ethically raised, organic products. Live

music, fund-raisers and special events are features of the branch's mandate to engage and support their own community and beyond.
THEBRANCHRESTAURANT.CA

East: Mariposa Farm

PLANTAGENET, 45 MINUTES FROM DOWNTOWN. While the farm specializes in raising ducks, geese and pigs, they've transformed the old barn into a quaint little dining room that offers a country style lunch on Sundays that will blow you away.
MARIPOSA-DUCK.ON.CA

West: The Cheshire Cat Pub

CARP, 20 MINUTES FROM DOWNTOWN. In an ancient schoolhouse on Carp Road at Richardson Side Road, husband and wife team Dustin and Chrystal Therrien run a quaint little pub. There's more behind their menu than just fish and chips. Thoughtful and fun, well-prepared and fresh with a friendly staff in a super cool location.
CHESHIRECATPUB.COM

ROBIN DUETTA

Hidden Gem

This secret spot may a bit of a jaunt for some, but you'll be hooked once you try their sandwiches. It's a counter located inside Heck's Confectionery at 168 O'Connor just south of Gloucester St. The name may not be very inspiring, but they make the best panini sandwich around using fresh and unique fillings. Some favourites: Tomato & Feta, Reuben, and a simple Ham & Cheese. At \$4.95, they're not only fantastic, but also a great deal.

ROBIN DUETTA



► Heck's regular customer enjoys a panini

ARC Lounge Taster's Series

This month's Taster Series dinner is themed 'One Bourbon, One Scotch, One Beer'. Chef Jason Duffy has created a hearty multi-course meal that will be paired with select Bourbon's, Scotches and Beers from around the world. This will prove to be a very innovative and interactive evening.

Stay tuned for more details....

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A photograph of the interior of Johnny Farina restaurant, showing a bar with various bottles and a dining area with tables and chairs.

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- There are all kinds of ways for families to spend time together during March break
 ► We've got lots of suggestions to get you started



► A puzzle is a great way to enjoy "we" time.

Our guide to fun times on March break

Creative ideas

Here's a list of some fun March break activities from Judy Arnall, a parenting expert and author in Calgary.

Stormy day ideas

- Dig out those puzzles and crafts that didn't get opened at Christmas.
- Buy a paint-by-numbers kit and have everyone pitch in to complete it.
- Have a themed movie week; for example, a Harry Potter movie fest.
- Pitch a tent in the family room and "camp out" for a few days.

When it's nicer outside

- Go tobogganing, cross-country skiing or snowshoeing.
- Hunt for treasures at a

second-hand store.

Older kids

- Organize a cleaning project. (Does your basement need rearranging?)
- Pay your teen to do a big job such as categorizing all those photos on your computer.
- Have older kids check out the skating or swimming program at the local recreation centre.

Younger kids

- Throw a "stuffie" birthday party. (Invite all your stuffed animals and have cake, presents and a tea party.)
- Hold a Nerf party and invite the neighbourhood kids. (Go ahead — let them go wild.)
- Pick an historical era and organize clothing, activities and food around that theme.



PAULINE ANDERSON
LIFE@METRONEWS.CA

To ensure a fun March break with your kids, why not include them in the planning? Send your older daughter to the library or your son on the Internet to find out what's going on in your community.

While it's important to put structure into the week's activities, it's not a good idea to "hyper plan," says Alyson Schafer, a Toronto author of *Ain't Misbehavin': Tactics for Tantrums, Meltdowns, Bed-time Blues and Other Perfectly Normal Kid Behaviors*.

"What a lot of families miss most is unstructured altogether time, so that might be playing a board game or cleaning the garage." She stresses that kids prefer a family swim instead of being dropped

off at a swim camp, even if you're watching from the sidelines. "Kids really just want to be with mom and dad when mom and dad aren't in a bad mood," says Shafer.

Prepare to stand in long lineups at places like the museum, and to cover only a third of the exhibits in twice as much time as any other week.

Organizing activities for families with kids of different ages — say a two-year-old and a 10-year-old — takes some creative planning. Shafer suggests the family head for a destination (a local ski slope) where one parent takes the older child (down a bunny hill) while the other entertains the younger one (in the chalet).

"So even though they did different things while they were there, there's still a common memory."

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Soccer squad wins in Cyprus

Canadian defender Emily Zurrer opened and closed the Cyprus Cup with a winning goal.

The 23-year-old from Crofton, B.C., scored off a goalmouth scramble following a corner in the first period of extra time yesterday to give Canada a 2-1 win over the Netherlands in a tournament final played in extreme wind conditions. Zurrer kicked off the tournament with a headed goal in a 1-0 victory over Scotland.

Canada won the tournament for the third time in four years, improving its all-time record at the competition to 13-1-1.

The victory came in the face of fierce conditions.

"It was difficult to build the game," coach Caroline Morace said of the wind. "Because it was very, very, very strong."

Canada had the wind at its back for the first half and it factored in the first goal when Jonelle Foligno pounced on a back pass that rolled too far and scored in the 20th minute.

Claudia van den Heiligenberg tied it in the 40th, capitalizing on a defensive miscue. It was the first goal conceded by Canada in four matches and the only Dutch shot in the half.

"The second half we played better but the problem was we were against the wind, so it was very difficult to build the game and be precise," Morace said.

THE CANADIAN PRESS



"It was important to win. We had a very good tournament."

CANADIAN COACH CAROLINE MORACE



► Max Pacioretty is hit by Boston's Zdeno Chara on Tuesday night.

Chara hit rocks NHL

► Bruins captain won't be punished by league, but blow that left Max Pacioretty injured has increased debate about players' safety

In a season of nasty hits and concussions in hockey, the one that left Montreal Canadiens forward Max Pacioretty lying motionless on the Bell Centre ice may have been the most frightening.

Still, the National Hockey League opted yesterday not to issue a fine or suspension to Boston Bruins captain Zdeno Chara for the hit that sent Pacioretty to hospital with a concussion and a fractured neck.

The incident late in the second period of the Cana-

dians' 4-1 victory over visiting Boston on Tuesday was replayed countless times on television, once again raising debate on whether the NHL is doing enough to end blows to the head and reduce serious injuries.

"I feel bad about what happened," Chara said at practice yesterday before learning about the league's decision. "I was trying to make a strong hockey play and play hard and it's very unfortunate, like I said, that a player got

A crime?

Montreal police are asking hockey-mad Canadiens fans to stop calling them to file complaints against Zdeno Chara.

► Police say they have been inundated with calls from people seeking to file a criminal complaint.

hurt and had to leave the game."

It reached the House of Commons, where the hit

was called "unacceptable" by Minister of State for Sport Gary Lunn.

Pacioretty suffered a severe concussion and a non-displaced fracture to the fourth cervical vertebra in his neck.

Doug Richards, medical director of the McIntosh sports medicine clinic at the University of Toronto and former team doctor for the Toronto Raptors, said such a fracture alone usually takes about three months to heal.

THE CANADIAN PRESS

Spring rivalry emerges

If their regular-season games are anything like their spring training matchups, Rays and Blue Jays will be a great rivalry this season.

Tampa Bay minor-league shortstop Omar Luna scored the game-tying run in the bottom of the ninth inning, then won it with an RBI single in the 11th as the Rays defeated Toronto 4-3 yesterday.

It was the third time in a row that a spring game between the two teams was



► Brett Cecil

decided by a walkoff single.

On Tuesday, the Rays edged the Blue Jays 3-2 in

10 innings. On March 2 in Dunedin, Toronto won 5-4 in the bottom of the ninth.

"These games have been very interesting with Toronto to the last couple of days," Rays manager Joe Maddon said. "I anticipate the same kind of game during the season when both varsities are playing."

Brett Cecil went four innings for the Blue Jays, allowing three hits and two runs while striking out two. Alex Cobb (1-1) got the win.

THE ASSOCIATED PRESS

Sports in brief

Paul misses another game

NBA. Chris Paul was scratched from a second straight crucial game in the New Orleans Hornets' quest to remain in the playoff hunt when he was ruled out from last night's matchup against the Dallas Mavericks. Hornets coach Monty Williams said he could not project a return date for Paul.

THE ASSOCIATED PRESS

NFL, union talking money

NFL. Players' union leader DeMaurice Smith indicated yesterday that NFL owners have lowered from \$1 billion US to \$800 million the amount of additional revenues they want to take off the top of their \$9-billion business. He also was clear he considers the lower figure still too high, because the league is not offering to turn over enough financial information.

THE ASSOCIATED PRESS

4

sports

Senators preview

Senators at Panthers
7:30 p.m.
TV: SNET-E
Radio: AM 1200



Craig Anderson has certainly made an impact with Ottawa (23-34-9). Since being acquired from Colorado last month, he has started in goal for all eight of the Senators' games. He has posted a 5-3-0 record with a sparkling 1.49 goals-against average and one shutout. He also stopped 31 shots in a 2-1 win over New Jersey on Tuesday.



The good news for Florida (27-31-9) is that it's coming off a 3-2 win over Chicago that snapped a season-high five-game losing streak. However, a concern is that the Panthers stormed out to a 3-0 lead in that game, then had to hold off a Blackhawks' surge to register the victory.

THE CANADIAN PRESS



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d-Boston	66	38	20	3	5	200	156	84	16-12-2-2	22-8-1-3	7-2-1-0	L2
Pittsburgh	68	39	21	5	3	196	167	86	21-11-2-0	18-10-3-3	4-2-3-1	W2
Tampa Bay	66	37	21	3	5	196	200	82	21-8-1-4	16-13-2-1	3-4-0-3	L4
Montreal	67	37	23	4	3	180	168	81	21-8-3-3	16-15-1-0	6-3-0-1	W5
NY Rangers	68	35	29	2	2	193	164	74	15-17-1-2	20-12-1-0	5-5-0-0	W2
Buffalo	66	32	26	7	1	190	190	72	14-15-2-1	18-11-5-0	5-3-1-1	L1
Carolina	67	31	26	5	5	193	204	72	18-10-2-2	13-16-3-3	4-4-1-1	L2
Toronto	67	29	28	5	5	176	206	68	15-12-3-4	14-16-2-1	5-1-2-2	L2
Atlanta	67	28	28	4	7	187	216	67	14-14-3-5	14-14-3-2	3-6-0-1	W2
New Jersey	66	30	32	3	1	140	170	64	15-14-2-1	15-18-0-1	8-2-0-0	L1
Florida	67	27	31	5	4	168	186	63	13-13-5-3	14-18-0-1	3-5-2-0	W1
NY Islanders	68	26	32	5	5	188	215	62	15-15-1-4	11-17-4-1	5-2-2-1	W1
Ottawa	66	23	34	5	4	149	207	55	11-18-2-3	12-16-3-1	5-4-0-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	68	43	16	4	5	220	158	95	23-7-1-4	20-9-3-1	6-4-0-0	W3
d-Detroit	67	39	20	5	3	220	195	86	17-11-3-2	22-9-2-1	4-4-1-1	L4
d-San Jose	67	39	22	4	2	188	169	84	18-11-2-1	21-11-2-1	8-2-0-0	W1
Chicago	67	37	24	2	4	220	186	80	21-14-0-0	16-10-3-3	8-2-0-0	L1
Dallas	66	36	23	3	4	184	186	79	18-9-2-3	18-14-1-1	4-5-1-0	W2
Los Angeles	67	37	25	3	2	185	164	79	20-11-2-0	17-14-1-2	5-2-1-1	W1
Calgary	68	35	24	3	6	207	193	79	21-10-1-3	14-14-2-3	7-2-0-1	W2
Phoenix	68	34	23	7	4	194	198	79	16-11-4-2	18-12-3-2	4-4-1-1	L1
Minnesota	67	35	25	2	5	176	176	77	17-13-1-3	18-12-1-2	5-3-1-1	W1
Nashville	67	33	24	6	4	169	159	76	15-7-4-3	18-18-1-1	3-5-1-1	L2
Anaheim	66	35	26	3	2	182	193	75	20-11-1-1	15-15-2-1	4-5-1-0	L1
Columbus	66	31	26	4	5	183	200	71	16-13-2-0	15-13-3-3	3-3-1-3	L6
St. Louis	67	30	27	5	5	186	201	69	19-11-3-1	11-17-3-2	3-7-0-0	W2
Colorado	66	26	32	7	1	187	229	60	14-16-4-0	12-16-3-1	1-7-1-1	L6
Edmonton	68	23	37	1	7	170	224	54	12-19-1-3	11-18-1-3	5-5-0-0	L2

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Washington 5 Edmonton 0
Atlanta 3 Carolina 2 (OT)
Los Angeles 2 Detroit 1
St. Louis 4 Columbus 3 (OT)
Chicago at Tampa Bay
Calgary at Dallas
N.Y. Rangers at Anaheim
Tuesday's results
Ottawa 2 New Jersey 1
Philadelphia 4 Edmonton 1
Pittsburgh 3 Buffalo 1
N.Y. Islanders 4 Toronto 3 (OT)

CAPITALS 5, OILERS 0

First Period — No Scoring.
Penalties — Gilbert Edm (slashing) 9:34, Hanan Wash (interference) 14:28, Arnott Wash (hooking) 20:00.

Second Period

1. Washington, Ovechkin 26 (Arnott, Semin) 5:38 (pp)
2. Washington, Fehr 9 (Carlson, Ovechkin) 10:32 (pp)

Penalties — Jones Edm (kneeing) 4:14, Khabibulin Edm (delay of game; served by Giroux) 8:53, Plante Edm (tripping) 16:06.

Third Period

3. Washington, Ovechkin 27 (Johansson) 3:10
4. Washington, Fehr 10 (Chimera, Laich) 7:47
5. Washington, Semin 25 (Sturm, Wideman) 14:30
Penalties — Hendricks Wash (interference) 8:39, Semin Wash (slashing) 10:32, Paajarvi Edm (holding) 11:33.

Shots on goal by

Edmonton 10 7 5 —22
Washington 12 15 9 —36
Goal — Edmonton: Khabibulin (L10-27-2); Washington: Holtby (W6-2-2). Power plays (goals-chances) — Edmonton: 0-4; Washington: 2-5.

Attendance — 18,398 (18,398) at Washington.

LATE TUESDAY

ISLANDERS 4, MAPLE LEAFS 3 (OT)

First Period — No Scoring.
Penalties — Brown Tor, Haley NYI (roughing) 2:54, Grabovski Tor (high-sticking) 8:35, Grabner NYI (hooking) 10:38, New York bench (too many men; served by Tavares) 12:37.

Second Period

1. N.Y. Islanders, Konopka 2 (Jurcina, DiBenedetto) 2:15
2. Toronto, Aulie 1 (Brent, Brown) 2:49

Florida 3 Chicago 2
Montreal 4 Boston 1
Minnesota 5 Colorado 2
Vancouver 4 Phoenix 3 (OT)
San Jose 3 Nashville 2 (OT)

Tonight's games

(all times Eastern)
Buffalo at Boston, 7 p.m.
Philadelphia at Toronto, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Montreal at St. Louis, 8 p.m.
Minnesota at Nashville, 8 p.m.
Calgary at Phoenix, 9 p.m.
Vancouver at San Jose, 10:30 p.m.

3. N.Y. Islanders, Nielsen 9 (Okposo, MacDonald) 11:17
4. Toronto, Brent 8 (Armstrong) 18:44
Missed penalty shot — M.Martin NYI, 7:45.
Penalty — Haley NYI (roughing) 14:00.

Third Period

5. N.Y. Islanders, Grabner 27 (Comeau, Bailey) 8:40
6. Toronto, Kulemin 25 (Grabovski, Kessel) 9:48
Penalties — None.

Overtime

7. N.Y. Islanders, Comeau 19 (Martinez, Nielsen) 4:02.
Penalties — None.

Shots on goal by

Toronto 9 9 8 1—27
N.Y. Islanders 11 14 12 3—40
Goal — Toronto: Reimer (L12-5-4); N.Y. Islanders: Montoya (W6-2-2). Power plays (goals-chances) — Toronto: 0-3; N.Y. Islanders: 0-1.

Attendance — 9,217 (16,234) At Unidale, N.Y.

CANADIENS 4, BRUINS 1

First Period
1. Montreal, Eller 6 (Moen, Mara) 8:21
2. Montreal, Eller 7 (Moen, Kostitsyn) 17:37
Penalties — Boychuk Bos (fighting), White Mtl (instigating, fighting, misconduct) 3:11, Seguin Bos (tripping) 5:51.

Second Period

3. Montreal, Gionta 24 (Gomez, Plekanec) 7:15 (pp)
4. Montreal, Wisniewski 8 (Cammalleri, Deshaimes) 15:09 (pp)
Penalties — Plekanec Mtl (kneeing) 0:55, Kelly Bos (hooking) 6:41, Hamrlik Mtl (tripping) 9:26, Montreal bench (too many men; served by Pacioretty) 11:34, Boychuk Bos (tripping) 14:31, Chara Bos (interference major, game misconduct) 19:44.

Third Period

5. Boston, Lucic 29 (Krejci) 13:21
Missed penalty shot — Marchand Bos, 4:08.
Penalty — Lucic Bos (roughing) 17:34.

Shots on goal by

Boston 11 6 14 —31
Montreal 9 11 5 —25
Goal — Boston: Rask (L9-12-1). Montreal: Price (W32-21-6).
Power plays (goals-chances) — Boston: 0-4.
Montreal: 2-5.

Attendance — 21,273 (21,273) at Montreal.

CANUCKS 4, COYOTES 3 (OT)

1. Phoenix, Belanger 10, 3:27
2. Phoenix, Doan 15 (Belanger, Schlemko) 10:55 (pp)
3. Vancouver, Hamhuis 5 (Samuelsson, D.Sedin) 11:12

Penalty — D.Sedin Vcr (tripping) 9:05.

Second Period

4. Vancouver, H.Sedin 16 (Kesler, Ehrhoff) 9:14 (pp)
5. Vancouver, Salo 2 (H.Sedin, D.Sedin) 12:17
6. Phoenix, Korpikoski 15 (Belanger, Rozsival) 19:17

Penalties — Korpikoski Pho (delay of game) 8:40, H.Sedin Vcr (hooking) 14:06.

Third Period

No Scoring.
Penalties — Oreskovich Vcr (tripping) 2:43, Belanger Pho (cross-checking) 9:46.

Overtime

7. Vancouver, Hamhuis 6 (H.Sedin, D.Sedin) 2:13
Penalties — None.

Shots on goal by

Vancouver 16 14 8 1—39
Phoenix 10 15 7 2—34
Goal — Vancouver: Luongo (W31-13-7); Phoenix: Bryzgalov (L28-17-8). Power plays (goals-chances) — Vancouver: 1-2; Phoenix: 1-3.
Attendance — 12,843 (17,135) at Glendale, Ariz.

SCORING LEADERS

	G	A	Pt
D.Sedin, Vcr	34	50	84
Stamkos, TB	41	38	79
H.Sedin, Vcr	16	63	79
St. Louis, TB	24	52	76
Ovechkin, Wash	25	44	69
Zetterberg, Det	18	51	69
Perry, Ana	31	37	68
Crosby, Pgh	32	34	66
Iginla, Cal	30	36	66
Toews, Chi	27	38	65
Kopitar, LA	20	45	65
B.Richards, Dal	24	39	63
E.Staal, Car	29	33	62
Sharp, Chi	33	28	61
Eriksson, Dal	23	38	61
Giroux, Pha	21	40	61
Selanne, Ana	21	39	60

Not including last night's games

SOCCER

WOMEN'S CYPRUS CUP

At Paralimni, Cyprus
Yesterday's results
Championship
Canada 2 Netherlands 1 (extra time)

Third Place

France 3 Scotland 0
Fifth Place
England 2 South Korea 0

Seventh Place

Mexico 5 New Zealand 0
Ninth Place
Italy 2 Russia 0
11th Place
Switzerland 2 Northern Ireland 1

CHAMPIONS LEAGUE

ROUND OF 16

Second Leg
Yesterday's results
Schalke (Germany) 3 Valencia (Spain) 1 (Schalke advances on 4-2 aggregate)

Tottenham (England) 0 AC Milan (Italy) 0 (Tottenham advances on 1-0 aggregate)

ENGLAND

Premier League
Yesterday's results
Everton 1 Birmingham 1

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
New Zealand	4	3	0	1	0	6
Pakistan	4	3	0	1	0	6
Australia	3	2	1	0	1	5
Sri Lanka	4	2	1	1	1	5
Zimbabwe	3	1	0	2	0	2

Canada 4 1 0 3 0 2
Kenya 4 0 0 4 0 0

GROUP B

	MP	W	T	L	NR	Pt
India	3	2	1	0	0	5
England	4	2	1	1	0	5
South Africa	3	2	0	1	0	4
West Indies	3	2	0	1	0	4
Bangladesh	3	1	0	2	0	2
Ireland	3	1	0	2	0	2
Netherlands	3	0	0	3	0	0

India (191 for five) def. Netherlands (189, all out) by five wickets.
Yesterday's result
At New Delhi
India (191 for five) def. Netherlands (189, all out) by five wickets.

Today's match
At Kandy (Pallekele), Sri Lanka
At Lanka vs. Zimbabwe
Tomorrow's matches
At Mohali (Chandigarh), India
West Indies vs. Ireland
At Chittagong, Bangladesh
Bangladesh vs. England

MLB

Goal — Vancouver: Luongo (W31-13-7); Phoenix: Bryzgalov (L28-17-8). Power plays (goals-chances) — Vancouver: 1-2; Phoenix: 1-3.
Attendance — 12,843 (17,135) at Glendale, Ariz.

SCORING LEADERS
G A Pt
D.Sedin, Vcr 34 50 84
Stamkos, TB 41 38 79
H.Sedin, Vcr 16 63 79
St. Louis, TB 24 52 76
Ovechkin, Wash 25 44 69
Zetterberg, Det 18 51 69
Perry, Ana 31 37 68
Crosby, Pgh 32 34 66
Iginla, Cal 30 36 66
Toews, Chi 27 38 65
Kopitar, LA 20 45 65
B.Richards, Dal 24 39 63
E.Staal, Car 29 33 62
Sharp, Chi 33 28 61
Eriksson, Dal 23 38 61
Giroux, Pha 21 40 61
Selanne, Ana 21 39 60

Not including last night's games
SOCCER
WOMEN'S CYPRUS CUP
At Paralimni, Cyprus
Yesterday's results
Championship
Canada 2 Netherlands 1 (extra time)

Third Place
France 3 Scotland 0
Fifth Place
England 2 South Korea 0
Seventh Place
Mexico 5 New Zealand 0
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Italy 2 Russia 0
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Switzerland 2 Northern Ireland 1

CHAMPIONS LEAGUE
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ENGLAND
Premier League
Yesterday's results
Everton 1 Birmingham 1

SOCCER
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At Paralimni, Cyprus
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ROUND OF 16
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ENGLAND
Premier League
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Everton 1 Birmingham 1

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At Paralimni, Cyprus
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CHAMPIONS LEAGUE
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Second Leg
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ENGLAND
Premier League
Yesterday's results
Everton 1 Birmingham 1

SOCCER
WOMEN'S CYPRUS CUP
At Paralimni, Cyprus
Yesterday's results
Championship
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Third Place
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11th Place
Switzerland 2 Northern Ireland 1

CHAMPIONS LEAGUE
ROUND OF 16
Second Leg
Yesterday's results
Schalke (Germany) 3 Valencia (Spain) 1 (Schalke advances on 4-2 aggregate)

Tottenham (England) 0 AC Milan (Italy) 0 (Tottenham advances on 1-0 aggregate)

ENGLAND
Premier League
Yesterday's results
Everton 1 Birmingham 1

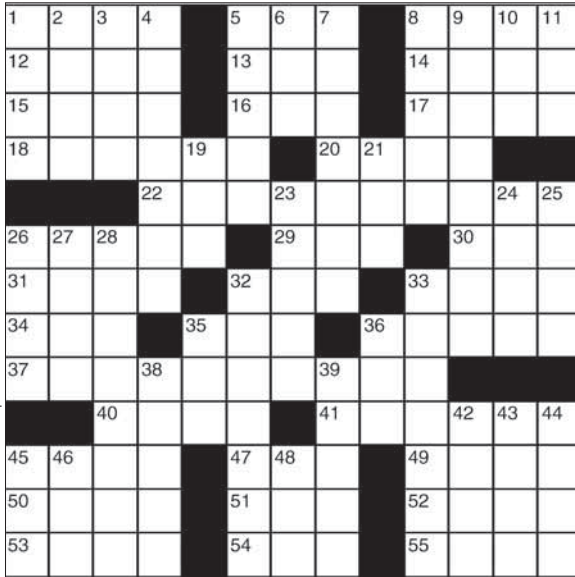
SOCCER
WOMEN'S CYPRUS CUP
At Paralimni, Cyprus
Yesterday's results
Championship
Canada 2 Netherlands 1 (extra time)

Third Place
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England 2 South Korea 0
Seventh Place
Mexico 5 New Zealand 0
Ninth Place
Italy 2 Russia 0
11th Place
Switzerland 2 Northern Ireland 1

Crossword

Across

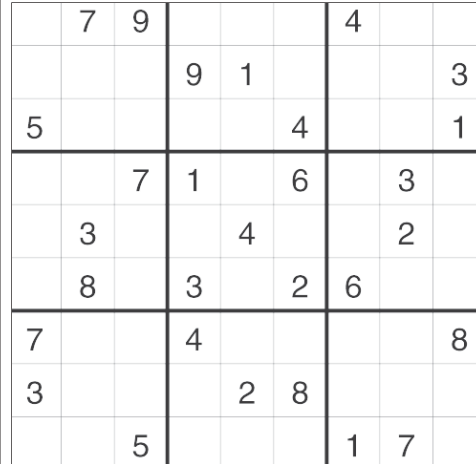
- 1 Houston acronym
5 Have a bug
8 Urban pall
12 Black, in poetry
13 Expert
14 Hemingway nickname
15 Join with a blowtorch
16 Ultramodernist
17 Formerly, formerly
18 Moe, Larry or Shemp
20 Croon
22 Property
26 Get more ammo
29 Shade source
30 Trigger's rider
31 — Major (constellation)
32 Pigs' digs
33 Existed
34 That man's
35 Buck's mate
36 Carries
37 Integer, e.g.
40 Daytime drama
41 Cruel
45 Too
47 Couric's network
49 Thought
50 Cut of pork
51 Reaction to sky-rockets
52 Standard
53 Undersized
54 Aye opposer
55 Icky stuff
- Down**
1 Information
2 Help underhandedly
3 One's performance
4 Pyrenees nation
5 Breathing problem
6 Anger
7 Without precision
8 Exhausted
9 "Dennis the Menace" girl
10 Chances, for short
11 "Roscoe"
19 Jewel
21 Doctrine
23 "— Eat Cake"
24 Ripped
25 Spud's buds
26 Rhine feeder
27 Huron neighbor
28 Booth, e.g.
32 Trace
33 Employed
35 "CSI" evidence
36 Commandment count
38 Daft
39 Full, as eyebrows
42 "American —"
43 Infamous fiddler
44 Moist
45 Matterhorn, for one
46 Reed or Rawls
48 Feathery neckpiece



► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

1	8	3	2	4	6	7	5	9
4	7	9	8	5	1	2	6	3
5	6	2	3	7	9	1	4	8
2	4	7	1	3	5	8	9	6
6	9	1	4	8	2	5	3	7
8	3	5	9	6	7	4	1	2
7	1	8	5	9	3	6	2	4
9	5	4	6	2	8	3	7	1
3	2	6	7	1	4	9	8	5

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Numniblet,
I wake up every morning with you on my mind & even though your here, i miss you like your in nfld. your my kindred spirit, my best friend, my lover, my wife.
LOVE LIL CAT XXXXXXXX

Happy 17th wedding anniversary to you, Heart!
Here's to more loving years with our angels together! Cheers! love you very much!
LOVE & KISSES, MAMAF

Sarah, you are the best!
Happy 12 months babi. you are so special and you make me soo happy. i better get a hugeeeee kiss and hug :)
SANFOUR

Kumquat,
You're the best little fruit sister I could ever have! Stay plump =D
LOVE, THE QUEEN

Today's horoscope

♈ Aries March 21-April 20 Love is in the air, today. Is there someone you secretly fancy but haven't yet had the chance to approach? That chance is about to arrive. Be ready!

♉ Taurus April 21-May 21 You will find it remarkably easy to get your way today. If you use charm rather than coercion, almost anyone will do almost anything you ask — without any hesitation.

♊ Gemini May 22-June 21 No matter how much others might question your beliefs, you are comfortable with them and that is the only thing that matters. The more you look at the world today, the more it will make sense, and the happier you will be.

♋ Cancer June 22-July 22 Make sure you get value for money today. It's not like you to be easygoing about how your cash is spent, but for some reason you don't seem to care how much things are costing you. You should.

♌ Leo July 23-Aug. 23 It's one of the best days of the year for affairs of the heart. Make an effort to reach out to those you love. Some people seem to believe you love yourself more than them. Prove them wrong.

♍ Virgo Aug. 24-Sept. 22 Don't work so hard. Venus, planet of harmony, in the work and wellbeing area of your chart urges you to rest, relax and restore the equilibrium between mind, body and emotions.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 You won't be shy about letting those you care for know how much they mean to you. Creatively, too, this is a good day. Let your artistic side come out.

♏ Scorpio Oct. 24-Nov. 22 You may have been too busy to spend much quality time with family and friends, but that's OK because you are about to make up for it. You will happily sacrifice your desires for the needs of those around you.

♐ Sagittarius Nov. 23-Dec. 21 You will want to express your feelings in ways that can cast no doubt about what you are trying to say. This is a good time to write love letters or to pick up the phone and say, "I love you."

♑ Capricorn Dec. 22-Jan. 20 You may be in the middle of a winning streak, but don't take your good fortune for granted and spend too much money on things you don't need. What happened to that Capricorn caution? You'll need it.

♒ Aquarius Jan. 21-Feb. 18 Physically and emotionally, you feel good thanks to Venus in your sign. You will feel even better if you get out and meet as many people as you can. You are a social animal.

♓ Pisces Feb. 19-March 20 Try not to get too serious about life, today. There will be time to ponder when you have completed your current task. For now, it's about details. Stay focused. **SALLY BROMPTON**

Caption contest



"Finally, the little critter scores a hat trick!"
SARIKA GADIA

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Wide-Angle
Optical
Zoom-NIKKOR
ED Glass Lens

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Display

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Megapixels
CMOS Sensor

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